Concordia
UNIVERSITY

LACOLLE CENTRE FOR
EDUCATIONAL INNOVATION

FALL 1994 WORKSHOP SERIES

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ANGER: THE MISUNDERSTOOD EMOTION. An exploration of the nature and dynamics of anger, its use and misuse. Participants will gain a greater understanding of their anger patterns and ways of using anger as both a signal and a tool to more effectively channel energy and communicate needs. (A prerequisite for a the workshop on Anger and Forgiveness, to be held in the winter session.) LEADER: **Kathryn McMorrow**, M.A. Clinical Psychology, gives seminars across Canada in business, education and social service settings. DATE: Saturday, October 1st, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $50.00 (plus GST/PST = $56.98)

ART THERAPY WOMEN'S GROUP. Offers a supportive, nurturing and creative environment to explore and express general concerns and issues such as: self-esteem, self-image, relationships, work, sexuality, and family. No prior knowledge of art required. Limited to 5 people per group. LEADER: **Deborah Herman**, artist, M.A. Art Therapy. DATE: Monday or Wednesday evenings (beginning in October), 6:30 - 8:30 p.m. LOCATION: 2480 West Broadway, Room WG-204. FEE: $175.00 (includes art materials).

MAKING THE MEDIA WORK FOR YOU. Even the best planned event can be a flop. Find out how to get media coverage for your organization and its activities. Learn how to assemble a media list, write news releases, handle media interviews, get coverage in appropriate publications and increase your visibility. LEADER: **Helena Katz**, is a freelance journalist for *The Montreal Gazette* and *Hour Magazine*. She has done public relations work for McGill University, the Terry Fox Run and the Ontario Office for Disability Issues. DATE: Saturday, October 15th, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

WOMEN WHO RUN WITH WOLVES. A dramatherapy workshop based upon the best seller written by Clarissa Pinkola Estes. Through creative embodiment, storytelling, artistic expression, women will be encouraged to explore their feminine wildness. LEADER: **Sonia Garbaria-McKay**, DTH, is a dramatherapist at Maimonides Geriatric Hospital. DATE: Saturday, October 22nd, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

STRESS AND OVEREATING. Dieting makes you fat. It also creates a dangerous yoyo syndrome of weight loss and weight gain. An exploration of the psychological, physiological and behavioural aspects of misusing food. Suggestions and techniques for creating a more positive attitude towards nurturing ourselves while learning more effective and satisfying ways to deal with stress. LEADER: **Kathryn McMorrow** DATE: Saturday, October 29th, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

SURVIVING YOUR ADOLESCENT'S ADOLESCENCE. A trouble-shooting session of do's and don'ts to help you sail through the stormy adolescent years. Topics that will be dealt with include: curfews, messy rooms, drugs, sexual precociousness, school issues, discipline, dating, allowance, the car, anger. Specific questions and concerns of participants will be continuously addressed. LEADER: **Micki Vosko**, is a mental health consultant, a guidance counsellor, and a therapist in private practice. DATE: Saturday, November 5th, 9:30- 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

INTRODUCTION TO EXPERIENTIAL PSYCHODRAMA. The psychodrama aids the individual in re-experiencing an event and releasing pent up emotions and reshaping behaviour. Open to the public and professionals alike, this workshop offers an opportunity to see a psychodrama session in action. LEADER: **Tobi Klein**, has done outstanding work in the field for over 25 years and enjoys an impressive list of credentials. DATE: Saturday, November 12th, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

CREATIVE DREAMING: KEEPING A DREAM LOG. Dreams can teach us about our hopes, goals and fears. Participants will learn to keep a dreamlog in order to facilitate their understanding of themselves. We shall look back at dreams, then at current and recurrent dreams; explore twilight dreaming and lucid dreaming; and special attention will be paid to identifying underlying patterns and word play in our dreams. LEADER: **Monique Polak**, teaches English at Concordia University and Marianopolis College. DATE: Saturday, November 19th, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

GOING FOR IT: MOTIVATION, BEHAVIOUR AND ACHIEVEMENT. A workshop which provides hands-on, practical ways to apply motivational theory to channelling energy and achieving results. Of interest to anyone who wants to better understand what motivates them and how to better motivate others at work or at home. LEADER: **Kathryn McMorrow**. DATE: Saturday, November 26th, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

GIVING AND RECEIVING FEEDBACK: COMMUNICATION SKILLS. How to give and get honest, helpful feedback on the job, in the family and with friends. Participants will be encouraged to present their areas of concern. Using techniques such as role playing, discussion and concept presentation, participants will learn to become more effective communicators. LEADER: **Micki Vosko.** DATE: Saturday, December 3rd, 9:30 - 4:00 p.m. LOCATION: Loyola Campus. FEE: $56.98

THE SUNDAY AFTERNOON WORKSHOP SERIES

with Kathryn McMorrow

COMMUNICATING INTERCULTURALLY. Culture is a combination of beliefs, values and behaviours which shape our lives. Explore your own cultural background and how it reflects your interactions with others. Participants will examine approaches to better understanding and communicating more effectively in both their professional and personal lives. DATE: Sunday, October 2nd, 1:00 - 5:00 p.m. LOCATION: Loyola Campus. FEE: $35.00 (plus GST/PST = $39.88)

GETTING THINGS DONE ... TOMORROW ... MAYBE. A workshop which explores the natural human tendency to procrastinate - when it works for us - when it works against us. Discover the reasons behind what makes us put things off. Acquire techniques to motivate yourself and others to start and complete projects, and to put more enjoyment into your life. DATE: Sunday, October 16th, 1:00 - 5:00 p.m. LOCATION: Loyola Campus. FEE: $39.88

CREATIVE RETIREMENT. Of interest to those preparing for retirement as well as those presently retired. Myths and realities of retirement in the 90's. Health and well-being. Lifestyle changes. Cyclesocial aspects. Transitions. Time and energy management. Personal action plan for marginalizing the benefits and opportunities of retirement. DATE: Sunday, October 30th, 1:00 - 5:00 p.m. LOCATION: Loyola Campus. FEE: $39.88

THE POWER OF LAUGHTER AND PLAY. Laughter is the best medicine. Explore the wonderful physiological and psychological effects of laughter and how it can be used to reduce stress, raise energy levels, improve communication, develop creativity and enhance healing. Suggestions and techniques for putting more laughter and play into your life. DATE: Sunday, November 20th, 1:00 - 5:00 p.m. LOCATION: Loyola Campus. FEE: $39.88

HOLIDAY STRESS! An opportunity to reassess the meaning of the holidays. Learn quick and simple techniques for managing stress as well as time management and communication skills to better group activities and streamline tasks, leaving yourself the energy to really enjoy the holidays. DATE: Sunday, November 27th, 1:00 - 5:00 p.m. LOCATION: Loyola Campus. FEE: $39.88

(ALL FEES INCLUDE GST AND PST)

REGISTRATION PROCEDURES: A separate registration form must be completed for each workshop. Make your cheque payable to **Lacolle Centre** and return with registration to: Lacolle Centre, Concordia University, 7141 Sherbrooke St. West, Montreal, Quebec H4B 1R6.

FEE REDUCTION: One-day workshops: Registration fee will be reduced by 35% (for a fee of $37.04) if one person registers for 4 or more workshops; or if 4 or more people from the same contact/organization attend a workshop.
Sunday afternoon workshops: Register for 3 workshops and get the 4th workshop free for yourself or as a gift for someone else; or reduce fee by 30% (for a fee of $27.92)) if 4 or more persons from same contact/organization attend. ***Exceptions: Art Therapy Women's Group***

REFUND POLICY: There will be no refunds two days prior to workshop.

CALL 848-4955 FOR MORE INFORMATION OR TO REGISTER.

REGISTRATION FORM: LACOLLE CENTRE

Workshop:_____ Date:_____

Name:_____

Address:_____ City:_____ PostalCode:_____

Telephone: (Home):_____ (Work):_____ Local:_____

Cheque enclosed: $_____

Concordia Participants:

Budget Code:_____ Authorized Signature:_____